

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

JANUARY 2020

Vol. X Issue I

"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to share in the newsletter please send information to Marla Fuller at marla.fuller@cincinnati-oh.gov

CHD= Cincinnati Health Department

 Cincinnati Health Department

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It's Not Too Late to Get the Flu Shot!

Flu vaccination has been shown to prevent flu illnesses, doctors' visits and hospitalizations and can be life-saving in children. Seasonal influenza activity in the United States continues to increase and has been elevated for the past eight weeks according to the Centers for Disease Control and Prevention (CDC).

Since Thursday, December 26, 2019, there have been 62 positive influenza cases (most of these individuals had not been vaccinated) and there have been there have been 85 influenza hospitalizations in Cincinnati since October 1 of last year.

To prevent the spread of the flu, the Cincinnati Health Department is offering free flu clinics through the end of February for those still in need of a flu shot. Flu vaccinations are offered at the following CHD health centers:

- Ambrose H. Clement (3559 Reading Rd., Suite 101, 45229) Tuesdays 9 a.m. - Noon, and Wednesdays 9:00 a.m. - Noon and Thursday 1:00 - 4:00 p.m., and Fridays 10:00 a.m. - 4:00 p.m.
- Price Hill (2136 West 8th Street, 45204) The 2nd and 4th Friday 1:00 - 4:00 p.m.
- Bobbie Sterne (1525 Elm Street, 45202): Wednesdays 1:00 - 4:00 p.m.
- Northside (3917 Spring Grove Avenue, 45223), Thursdays 5-7pm
- Millvale at Hopple (2750 Beekman Street, 45225): Thursdays 1:00- 4:00 p.m. and Saturdays 8:00 a.m. – Noon
- Braxton F. Cann (5818 Madison Road, 45227): Mondays 9:00 a.m.- Noon, Wednesdays 9:00 a.m. - Noon and Friday 1:00 - 4:00 p.m.

In addition to getting a flu vaccination, take these everyday preventative actions to stop the spread of germs.

- Get a yearly flu vaccine
- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like flu.



State Representative Catherine D. Ingram, House District 32, extended special recognition to the Bobbie Sterne Health Center (formerly the Elm Street Health Center) at

the 2019 Free Clinic Appreciation Celebration. The recognition was for greatly impacting the entire Cincinnati area and is reflective of unwavering dedication the clinic has for providing low cost, quality health care to the city's most vulnerable population.

The Bobbie Sterne Health Center is one of eight Cincinnati Primary Care Centers operated by CHD, providing an array of services including dental, pharmacy and vital records. Women Infant Care (WIC), IT, Environmental Health, Lab and comprehensive ancillary support services are also offered, available five days a week. Currently, there are approximately 125 employees who work in the building.

Congratulations to all of CHD, our boards, and the Bobbie Sterne Health Center staff that made this recognition possible.



CHD Welcomes New Hires and Transfers to the team!

CCPC/Medical Director

Bonnie Neyer - Nurse Practitioner - 12/1/2019



CCPC/WIC Program

Luz Montero - Medical Assistant - 12/1/2019



CCPC/Behavioral Health

Anttarch Brandy - Health Counselor - 12/1/2019



CCPC/School and Adolescent Health Program

Jennifer Andriola - Optometric Technician - 12/15/2019

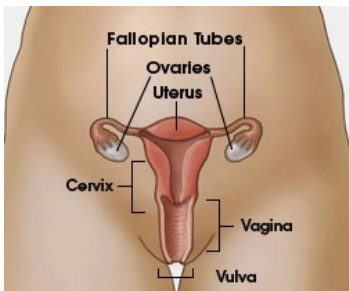


Health Promotions/ Worksite Wellness

David Roland - Sanitarian-In-Training 12/15/19



January is Cervical Health Awareness Month



The Cincinnati Health Department wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later. When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The cervix connects the vagina (birth canal) to the upper part of the uterus. The uterus (or womb) is where a baby grows when a woman is pregnant.

Cervical cancer is highly preventable in most Western countries because screening tests and a vaccine to prevent human papillomavirus (HPV) infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life. HPV is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected. The good news is that the HPV vaccine (shot) can prevent HPV, and cervical cancer can often be prevented with regular screening tests and follow-up care.

In honor of National Cervical Health Awareness Month, CHD encourages:

- Women to start getting regular cervical cancer screenings at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12
- Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

To schedule an appointment for a cervical screening, call 513.357.7320.



KNOW STORM WARNING TERMS**Winter Weather Advisory**

Expect winter weather condition (e.g., accumulation of snow, freezing rain, and sleet) that could cause severe inconvenience and life-threatening hazards.

Frost/Freeze Warning

Expect below-freezing temperatures.

Winter Storm Watch

Be alert; a storm is likely.

Winter Storm Warning

Take action; the storm is in or entering the area.

Blizzard Warning

Seek refuge immediately! Snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill.

***E-cigarettes and Youth: What Parents Need to Know*****What are e-cigarettes?**

Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine, flavorings, and other ingredients to the user. Using e-cigarettes is sometimes called “vaping.” E-cigarettes do not create harmless “water vapor” – they create an aerosol that can contain harmful chemicals.

**How many youth are using e-cigarettes?**

- E-cigarettes have been the most commonly used tobacco product among U.S. youth since 2014.
- In 2018, CDC and FDA data showed that more than 3.6 million U.S. youth, including 1 in 5 high school students and 1 in 20 middle school students, were past-month e-cigarette users.
- During 2017 and 2018, e-cigarette use skyrocketed among youth, leading the U.S. Surgeon General to call the use of these products among youth an epidemic in the United States.

What are the risks for youth?

- Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure during adolescence can:
 - » Harm brain development, which continues until about age 25.
 - » Impact learning, memory, and attention.
 - » Increase risk for future addiction to other drugs.
- Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.
- Many e-cigarettes come in kid-friendly fruit flavors which make e-cigarettes more appealing to young people.
- E-cigarette aerosol is not harmless. It can contain harmful substances, including:
 - » Nicotine
 - » Heavy metals such as nickel, tin, and lead
 - » Cancer-causing chemicals
 - » Volatile organic compounds
 - » Ultrafine particles
 - » Flavorings that have been linked to lung disease

A Message from the Board of Health

Phil Lichtenstein, MD
Chair, Board of Health

The start of a new year means a time to look back and reflect on the year behind us, and to think about the future. As you begin a new decade, keep in mind that it's never too late to make a New Year's resolution to live healthy.

1. Schedule a dental and medical appointment for a check-up, vaccination or screening.
2. Wash your hands well and often with soap and clean warm water to prevent the spread of infection and illness.
3. Make healthy food choices and an eating plan that includes fruits, vegetables, whole-grains, lean meats, poultry, fish, beans, eggs, and nuts, and fat-free or low-fat milk and milk products.
4. Get moving! Adults should get at least 2.5 hours a week of moderate-intensity physical activity. It's ok to start small by taking the stairs instead of the elevator, or parking further from your destination.
5. Live smokefree.
6. Get enough sleep. Insufficient sleep is associated with numerous chronic diseases and conditions including type 2 diabetes, cardiovascular disease, obesity, and depression. Adults need seven or more hours nightly.

CHD Announces Marsha Redding as January 2020 Employee of the Month!



Marsha Redding started her career working with the City in September 2000 in Public Works as a Sanitation Helper. She later transferred to the Health Department in June 2002 in the Human Resources department as a Clerk, delivering mail. In this role, Ms. Redding was responsible for the pick up and delivery of mail at Burnet and King location, while also substituting for our other messenger making deliveries throughout the city. After awhile, Ms. Redding's duties afforded her the opportunity to learn clerical responsibilities within the Human Resource department. With this new knowledge she soon transferred to Vital Records.

During her tenure, Ms. Redding also served as the Chief Union Steward with AF-SCME Ohio Council 8 for three years where she resolved issues with employees and management throughout the city.

As a Customer Relations Representative with Vital Records, Ms. Redding is a valued staff member. According to Clarice Edmondson who nominated Ms. Redding for Employee of the Month, her job requires that Ms. Redding interact with customers from all walks of life and her interactions are great! "The customers that come on our side of the office are ones with problems, corrections of death certificates. Marsha was born in Mississippi and that southern charm is just a part of who she is, and it comes through because she can put even the most difficult customers at ease," stated Ms. Edmondson.

Ms. Edmondson further explained that CHD has a variety of customers including those that come in highly agitated, in tears, or in some cases, clueless of their birth name spelling. "CHD also has funeral home staff, clients in uniforms, as well as elderly visitors in wheelchairs who may have more difficulty in getting the information they need, and she makes the customer feel at ease speaking with her. Edmondson expressed that Ms. Redding caters her interactions to that customer to get the information needed to find the record. Many customers depart thanking Ms. Redding for her patience dealing with them and saying, "you are the best!" "Marsha gives direct contact to the customers which drives the level of service she provides. Light-hearted or sympathetic, she makes the connection to extract the information we need to do our job efficiently and effectively," Edmondson said.

Her southern demeanor endears her to many customers and makes it easy to do the job she is charged to do. Customers often comment on the service they've received from Ms. Redding. It's common to hear them say things like, "She was a blessing", "Very Helpful", "Patience", "Kind", and "High level of professionalism." "I am Happy to work with Ms. Redding," Edmondson expressed. "There have been days that it's only been she and I in this office and we work quickly but effectively to get the customers in and out."

Congratulations to Marsha Redding for being named CHD's January 2020 Employee of the Month!



Do you follow CHD on social media?

If not, be sure to like and follow:

Facebook: <https://www.facebook.com/CincinnatiHealthDepartment/>
 Instagram (@cinci_healthdept): https://www.instagram.com/cinci_healthdept/
 Twitter (@cincihealthdept): <https://twitter.com/cincihealthdept>

